

## Conceptual Mediators

### Co~Chairs ...

**Claudio Nigg**, University of Hawai'i at Manoa (via University of Rhode Island)

**Marcia Ory**, Texas A&M University System (via National Institute on Aging)

**Sidney Stahl**, National Institute on Aging

### Key Members ...

**John Allevante**, Columbia University (Cornell); **Belinda Borrelli**, The Miriam Hospital/Brown Medical School; **Ed Deci**, University of Rochester; **David Dzewaltowski**, Kansas State University; **Paul Estabrooks**, Kansas State University; **Russ Glasgow**, Kaiser Permanente Denver Co. (ORI), **Trish Jordan**, Behavior Change Consortium (URI); **Abby King**, Stanford University; **Lisa Klesges**, University of Tennessee; **Karen Peterson**, Harvard School of Public Health; **Joe Rossi**, University of Rhode Island; **Alex Rothman**, University of Minnesota; **Geof Williams**, University of Rochester

### Mission ...

The mission of this group is to further the science of health behavior change and maintenance through cross project collaboration. The goals of this endeavor are to increase our understanding of behavior change through the identification, use and comparison of common theoretical constructs across projects.

### Specific Aims ...

- To examine the similarities and differences across similar mediational constructs.
- To examine the relative influence of similar mediational constructs across different behaviors, populations and settings

### Major Highlights ...

- This group was most active in the first year of the BCC. Members identified common mediators and suggested common or similar measurement strategies. The workgroup was originally subdivided into three subgroups: 1) Common Mediators; 2) Reach and Translation (RE-AIM); and 3) Data Analysis.
- Subgroup 1) compiled a list of all mediators across sites, which was finally distilled into a common mediators table highlighting the eight most prevalent mediators across BCC studies: decisional balance; depression; goals; outcome expectations; (self-)efficacy; social support; stages of change; stress.
- Subgroups 2) and 3) both became too active to remain under the umbrella of the Conceptual Mediators workgroup, and emerged as independent workgroups, i.e., Representativeness and Translation, and Methodology & Data Analysis..
- Members of Subgroup 1 were instrumental in the preparation of the introductory article in the *Health Education Research* supplement. This introduction enumerated identified mediators being assessed at each site, identified the most common mediators across sites, and discussed challenges in mediational research.

- [•] In 2002, the Conceptual Mediators and Methodology and Data Analysis and methods group merged, and activities centered more on data sharing issues than mediational issues. In Spring 2003, these groups were again divided, so that tasks central to each group could take central focus.

### *Collaborative Strategies ...*

- [•] The Common Mediators group held several well attended workgroup meetings at the first few BCC meetings.
- [•] Several conference calls were held in the first two years. One member, Deborah Toobert, proposed a cross-site research project examining the relationship of social support to study outcomes. This activity is dependent upon study outcomes, and thus was delayed until final year of BCC.

### *Future Directions ...*

In 2003, this group was reinstituted, and new leadership and membership is being sought. Following the departure of Marcia Ory from NIH/NIA, Sidney Stahl (National Institute on Aging) has agreed to serve as the NIH co-chair. A replacement for Claudio Nigg, who has moved to the University of Hawai'i, is required. This reconstituted group will consider writing a cross-site paper for the proposed cross-cutting theme issue. One of the most likely projects will be pursuing the social support study proposed by Deborah Toobert.

### *Suggested Cross-Site Activities ...*

In addition to focus on social support, others may be interested in examining the direct or interacting influence of self-efficacy mediators. When outcome data is available, this study offers the opportunity of cross-validating different operationalizations of similar constructs, or examining the relative influence of different mediators across different behaviors, populations, and settings.